

The Redwood Stoa

MINUTES FROM FEBRUARY 18, 2018, SUNDAY

REDWOOD STOA GROUP MEETING

Met at Café Au Coquelet, University Avenue, Berkeley

10:30AM–12:30PM

Weather: Partly Sunny

Attendees: John, Simon, Matt, Darren, Seamus, Mark

This month's theme: *Judgment & Assent*

Open discussion

- Taken from last year: 1. Neutral perception; 2. Involuntary value judgment (called “the first movement”); 3. Taking the time to weigh the perception and the reaction to it, using *reason*; 4. Assent or rejection of the judgment.
- Compare with judgment as judging things to be preferred or non-preferred indifferents
- You can be mindful of the four steps above; premeditating on bad situations (*premeditatio malorum*)
- Practicing the third step by asking in a Socratic way, “Why am I feeling this way?...”, “Is this consistent with my values?”
- After the four steps, repeat steps 3-4, practice reason and philosophy
- Using this process to check our own happiness (pleasure vs. contentment/*eudaemonia*)
- Happiness as a bad thing if it blinds you to bad sides of situations, if it makes you weak to the possibility of a bad change coming your way
- Stoic Health Corner :) — Health as a practice, by the individual and by those in healthcare
- Hardships as tests for proving your better character
- Discovering your values as they allow you to live according to Nature, and acting according to your cultivated values

Stoic practice

- Simon was sick with a virus and accepted death, having been living up to his values up to that point.
- Seamus practiced the Socratic method when reflecting on hardships.
- John is working to unplug his first movement reactions. He approached a plumbing challenge piece-by-piece, but is not upset by the failed job.

Reports and Announcements:

- We will meet next month in Berkeley, at Au Coquelet.
- Meetup, unlimited plan = \$180/year; basic plan = \$120/year
- The Stoic Fellowship — Globally Connected – Locally Engaged
 - <http://www.stoicfellowship.com/>
- Fremont Marcus Aurelius study group:
 - <https://www.meetup.com/Marcus-Aurelius-Meditations-discussion/>



The Redwood Stoa

- Women's Stoics group in Walnut Creek:
 - <https://www.meetup.com/Walnut-Creek-Womens-Stoicism-Meetup/>

Group goals achieved:

- We met!

Next Month's Meeting:

- Next meeting will be in **Berkeley**, on **March 18th**
- Next month's theme: **Desire & Aversion**

Join the Redwood Stoa! Now you can become an official member of the Redwood Stoa by adding your name through the following web form: <https://redwoodstoa.wordpress.com/join-the-redwood-stoa/>
It's pleasant to do and will help the group effectively plan future events!

REDWOODSTOA.WORDPRESS.COM
FACEBOOK.COM/GROUPS/REDWOODSTOA/

MEETUP.COM/THE-REDWOOD-STOA/
STOICFELLOWSHIP.COM

